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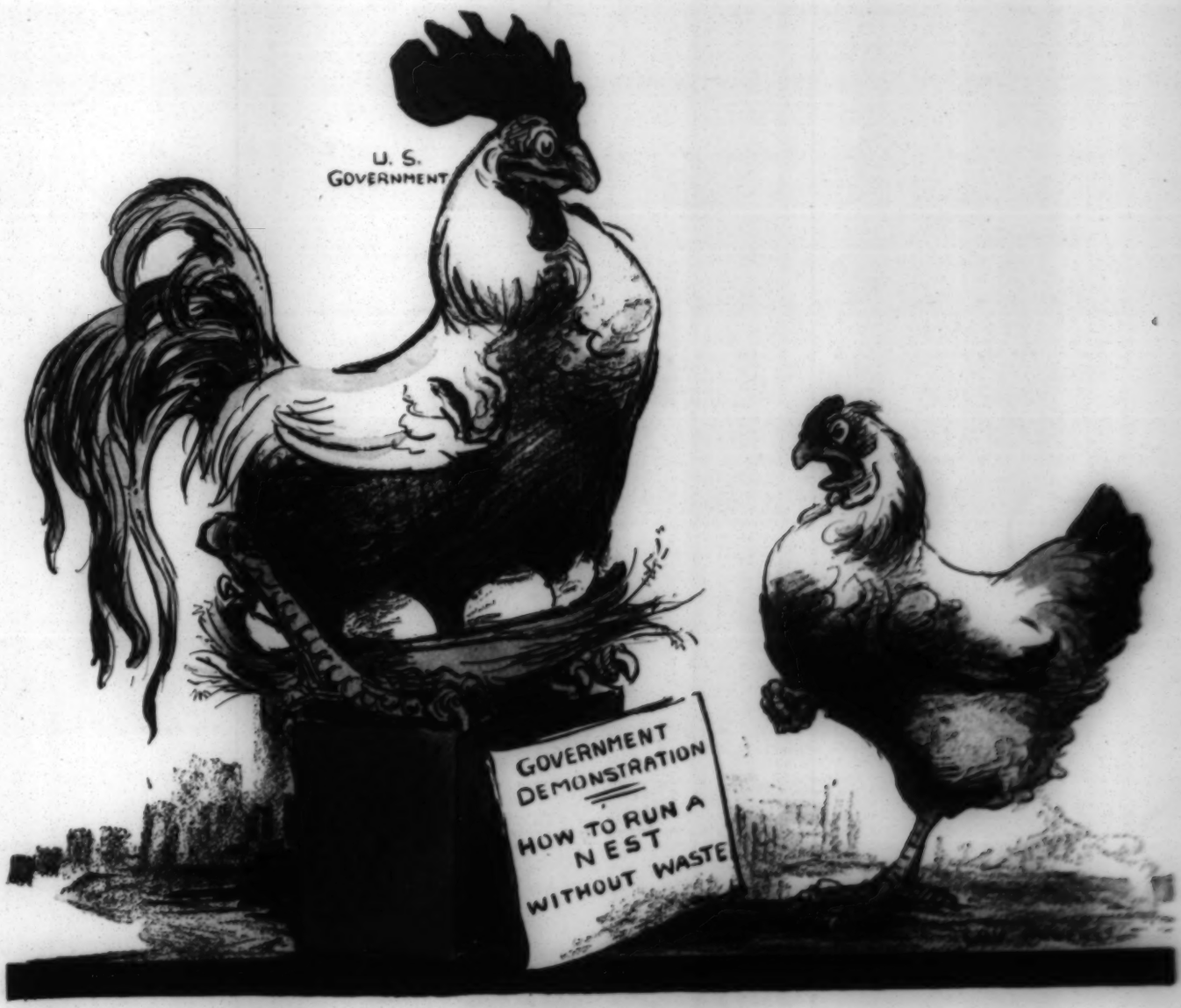
August 18, 1917

# THE Woman Citizen

THE WOMAN'S JOURNAL FOUNDED 1870

Official Organ of the National American Woman Suffrage Association

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VOTES FOR WOMEN

# THE WOMAN CITIZEN

*Founded June 2, 1917*

*Continuing the*

## WOMAN'S JOURNAL

*Founded 1870*

*By* LUCY STONE *and* HENRY B. BLACKWELL

as a Weekly Newspaper Devoted to Winning Equal Rights and Especially to Winning Equal Suffrage for Women, and published weekly in Boston, Mass., from 1870 to 1917.

*Continuing also the*

## WOMAN VOTER

*Founded 1910*

*By the* WOMAN SUFFRAGE PARTY OF NEW YORK CITY

*and the*

## NATIONAL SUFFRAGE NEWS

*Founded 1915*

under the name of the "Headquarters News Letter." In succeeding the National Suffrage News, The Woman Citizen becomes the official organ of the National American Woman Suffrage Association, and as such will try to maintain intimate contact between the Association and its two million members throughout the United States.

THE WOMAN CITIZEN is published weekly by the Woman Citizen Corporation, in the hope that it may prove a self-perpetuating memorial to Mrs. Frank Leslie's generosity toward the cause of woman suffrage and her faith in woman's irresistible progress. Copyright, 1917, by The Woman Citizen Corporation.

The directors of the Corporation are Mrs. Carrie Chapman Catt, Miss Alice Stone Blackwell, Miss Mary Garrett Hay, Mrs. Thomas Bucklin Wells, and Mrs. Arthur L. Livermore.

The editorial offices are at 171 Madison Avenue, New York.

Alice Stone Blackwell is a special contributing editor.

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# The Woman Citizen

171 Madison Avenue

New York

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## To the Food Administration

We seize upon this prominent spot as a likely one in which to dedicate this number of the *Woman Citizen* to the program of the Food Administration with the compliments of the publishers and the editors.

It was our honest-to-goodness-intention to have not a word in this issue except the good word on Food Conservation. If here and there woman suffrage has cropped out it is because we simply couldn't help it and not from any innate desire to hold out on space.

Starting with the proposition to "help Hoover" persuade the country to use corn meal as a substitute for wheat, the *Woman Citizen* has, it will be seen, assembled a noteworthy collection of tested recipes from housewives North, South, East and West, not to mention the few testy recipes for husbands to be found on another page. What will not be seen is the great number of practical contributions crowded out for lack of space. There are so many of these, not only for corn meal dishes, but for substitutes for meat, so many excellent suggestions for canning and dehydrating, and so many individual adaptations to the economy of the hour, that the *Woman Citizen* will assemble them in future issues in a special department under the direction of the "Suffragist Housewife," to the end that housewives in general may profit from the efficiency of the suffragist housewife in particular.

## PROGRESS OF THE SUFFRAGE FEDERAL AMENDMENT

KNOWN IN THE

65TH CONGRESS OF THE UNITED STATES AS SENATE JOINT RESOLUTION No. 2 and HOUSE JOINT RESOLUTION No. 1

*Proposing an Amendment to the Constitution of the United States Conferring upon Women the Right of Suffrage.*

*Resolved* by the Senate and House of Representatives of the United States of America in Congress assembled (two-thirds of each House concurring therein), That the following article be proposed to the legislatures of the several states as an amendment to the Constitution of the United States, which, when ratified by three-fourths of the said Legislatures, shall be valid as part of said Constitution, namely:

"ARTICLE

"SECTION 1. The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex.

"SEC. 2. The Congress shall have power, by appropriate legislation, to enforce the provisions of this article."

### History of Amendment

First introduced in the Senate, January 10, 1878, by Senator A. A. Sargent, of California.

REPORTED FROM COMMITTEE:

*In the Senate:*

1878, Adverse majority.
1882, Favorable majority, adverse minority.
1884, Favorable majority, adverse minority.
1886, Favorable majority, adverse minority.
1889, Favorable majority, adverse minority.
1890, Without recommendation.
1893, Favorable majority, adverse minority.
1896, Without recommendation.
1913, Favorable majority.
1914, Favorable majority.
1916, Favorable majority.

VOTED UPON IN THE SENATE:

January 25, 1887, yeas 16, nays 34.
March 19, 1914, yeas 35, nays 34.

IN THE HOUSE REPORTED FROM COMMITTEE:

1883, Favorable majority.
1884, Adverse majority, favorable minority.
1886, Adverse majority, favorable minority.
1890, Favorable majority.
1894, Adverse majority.
1914, Without recommendation.
1916, Without recommendation.

VOTED UPON IN THE HOUSE:

January 12, 1915; yeas 174, nays 204.

### Introduced in the 65th Congress

IN THE SENATE:

April 1917 (special session), by Senators Jones of New Mexico, Shafroth of Colorado, Owen of Oklahoma, Poindexter of Washington, and Thompson of Kansas.

IN THE HOUSE:

April 1917 (special session), by Representatives Raker of California, Rankin of Montana, Keating of Colorado, Taylor of Colorado, Hayden of Arizona, and Mondell of Wyoming.

*Status:*

IN THE SENATE:

In the Committee on Woman Suffrage.

IN THE HOUSE:

In the Judiciary Committee.

June 6, the Rules Committee voted to report favorably, "as soon as the pending war legislation is disposed of." Representative Raker's resolution to create a woman suffrage committee in the House.

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# The Woman Citizen

## THE WOMAN'S JOURNAL

### A Journal of Democracy

### August 18, 1917

*"We shall fight for the things which we have always carried nearest our hearts — for democracy, for the right of those who submit to authority to have a voice in their own government."*

## The American Housewife Sees It Through

NOW that Mr. Herbert Hoover, Food Administrator, has mustered in American housewives to help him feed the world they are going to see it through.

When Mr. Hoover cabled President Wilson in April last that the food supply of the world couldn't last until April, 1918, without miraculous achievements in America and that unless the achievements were promptly forthcoming all the world would be hungry by next year, he specified the housewives of the United States as the persons who could be relied on to save the situation.

This he did in part because ultimate food consumption is woman's problem and, in part, because the women of Europe have come up to every need since the war began. And Mr. Hoover believes with all his heart that "there is no body of women in the world so capable of rising to an emergency as American women."

Red tape may tie up the country's activities, but the housewife knows nothing about red tape and cares less. For generations she has worked on the principle that the dinner-bell must be rung when dinner-time comes. If the United States has agreed to share meals with the Allies, the American woman will not let the guests go unfed.

The practical housewife has so long been the voteless victim between the upper and the nether millstones of politics and food speculation that her first reaction to the proposal to muster herself in for a more intensive economy was wariness. Knowing her own worth in the problem of making last night's dinner coldly furnish forth today's luncheon, she regarded with askance those first large newspaper headlines which proclaimed her a kitchen-waster and a market-basket slacker.

But women are quick in the uptake of ideas. Presently they began to see that the call to "help Hoover" meant a call on their professional skill in making five loaves and two small fishes feed the multitude. Forthwith they girded up their apron strings for new effort.

Today the American housewife is seeing this "No-Waste Campaign" through, not to save money but to save lives. She is helping Hoover take care of the world's huge family. Her household task has swelled a millionfold, but, like Mr. Britling, she means to see the war through.

## Economy Is Not Parsimony

WHILE you are economizing in the name of patriotism be sure that you don't spell economy p-a-r-s-i-m-o-n-y. In the name of patriotism well-nigh irreparable economic injury may be imposed upon a nation. When it comes to the economic welfare of a country good old horse sense is not to be forgotten. The kind of economy that America wants to practice in this hour of stress and strain is not that false economy insured by the frightened and unreasonable curtailing of buying and selling, not the tying up of money in banks and tea caddies and stockings, but that higher economy insured by the elimination of waste.

It is well to cut out the extra courses and the superfluous footmen. There should be no waste in the nation's food stuffs, and men are not nearly so much needed at the front door as in the trenches. But in so far as ordinary reasonable expenditures are concerned the patriot cannot serve his country better than by keeping them steadfastly to the scratch. What the country needs now, what it always needs for its commercial health, is money in circulation. Women may well stop wasting. They will ruin the country if they stop spending.

## The Business End of Housekeeping

ALL our lives, speaking editorially and not as a cat, you understand, we have suffered from a mild form of contumely because we are not a good cook, nor yet a fair cook, nor yet any cook at all. All our lives we have sought forgiveness in the contention that cooking talents are special talents and that we just don't happen to have any, only to be sniffed at and snubbed by fellow suffragists who can make and bake and "put up things" and broil and stew, and relentlessly maintain that if they can we ought.

Yet, as we have ambled on, we have been able to take to our heart some comfort in the evidence that in one respect at least we seem to score on some of the cooking housewives. Thanks probably to our business training, we always know what the housekeeping outgo is and where it is coming from. There are no end-of-the-month surprises for us in the butcher's bill and the grocer's. And our dealings with the baker cut so exactly to measure that we thought the Food Administration must be joking when it suggested that we housekeepers fix our bread order in advance. As if we didn't already have a fixed order! As if we didn't know how many pounds of butter it takes to run us, month by month! As if there were anything haphazard in our budget!

Keeping books on the household is one of the most effective methods of eliminating waste. The balance in dollars and cents is as important as the balanced ration. There must be a little

budget in every home if housekeeping is to net full value to housekeeper and house kept.

## Your Pocket and the Merchant's

ABOUT the best sign of the times is woman's willingness to respond whole-heartedly to the country's appeal for her cooperation in the task of driving the war to a quick conclusion. And about the second best is her insistence that all appeals to her shall be based on fairness to all and privilege for none.

Just for instance: The Commercial Economy Board asks the ultimate consumer to "carry his own" packages in order to insure saving of labor and saving of money in the delivery system. The saving of labor argument has a patriotic cogency of its own readily seen and admitted. There are a great many men driving delivery wagons today who will be needed on the European battlefield tomorrow. But the labor-saving point conceded, the money-saving point arises. The delivery system is not, as it happens, an unpaid-for frill of commerce tacked on without price to meet the consumer's whim. It has been costly, due to an utterly incoordinate, uncooperative delivery system, but the consumer has paid that cost. If now he is to run a personally conducted delivery system of his own, is he to get back in lowered prices what he has been paying out for delivery? Mrs. Newton D. Baker, wife of the Secretary of War, who is chairman of a joint committee of consumers organized by the National American Woman Suffrage Association, has put squarely up to the merchants of Washington, through the District Council of National Defense, this question of a quid pro quo in the matter of economy in store deliveries.

It is a fair question and one which must be met in a spirit of cooperation by consumer, middleman and Government alike. The answer as worked out by the National American Woman Suffrage Association suggests that: The customer carry all the smaller packages; that there be no special accommodation deliveries without extra charge; that the consumer be granted, in some form of discount, a just proportion of the saving which accrues when the customer carries the purchases.

## Prospects in the Senate

AN early report on the federal suffrage amendment is the hope held out from authentic sources in the Senate, and Mrs. Frank M. Roessing, acting chairman of the Congressional Committee of the National American Woman Suffrage Association, has asked the Senate Committee on Woman Suffrage to hold a meeting during the current week to consider the question. Senator Jones of New Mexico, the chairman, has not yet fixed a date for such a meeting, owing, the Congressional Committee understands, to the absence of two members of his committee and his desire to bring in a unanimous report. It is known that most of the members are favorable to the suffrage amendment and a favorable report is therefore assured. This will bring the amendment to the calendar, where it can be called up for action at the opportune moment, and Mrs. Roessing predicts an early and favorable vote by the Senate at the next session of the present congress.

The flurry in the Senate last week, when Senator Cummins of Iowa, seconded by Senator Johnson of California, moved to have the Senate Committee on Woman Suffrage discharged from consideration of the amendment, left the situation essentially unchanged. Both Senator Cummins and Senator Johnson vigorously disclaim any intention to try to wrest a party advantage through their activity in behalf of a report. They declare that they were actuated entirely by the belief that the amendment had been "bottled up" by the Senate Committee, and they objected to that condition. Senator Johnson candidly stated to his interviewer the next day that he is now convinced he had been mistaken on this point in his judgment of the purpose of Senator Jones, the chairman.

In order to safeguard the future, so that the friends of suffrage may not work at cross purposes and the steps taken to advance the amendment may be timed to the best advantage, the Congressional Committee has urged to both Senators that officers of the National American Woman Suffrage Association be consulted by them before any further action is taken on Senatorial initiative. Senator Cummins at once agreed to this. While it is necessarily gratifying to suffragists to realize that political leaders have now adopted the principle of woman suffrage as one of their own principles of government, the Congressional Committee takes the position that the two million women whose cause the Committee represents have a decidedly more vital interest than any man in the world can have, and, therefore, a first right to be considered and consulted when any legislative move is being prepared for.

## War Bread

BY a device of male economists, mainly hotel and restaurant managers, uneaten crusts of bread, accumulated to the proportions of a butter-tub full, are to be soaked up in water, inflated with yeast and reincarnated as "war-bread."

The war bread sounds neither appetizing nor wholesome. It presents a nauseating picture to the mind and it suggests uncleanly possibilities. The gentlemen who invented this utilization of the cut-off crusts of toast, it is said, are terribly pleased with it. They are generously offering the idea to housewives. But it is not likely to take well, and that for three good reasons. Reason number one is that every housekeeper would begin in war time by not cutting off her bread crusts for toast and sandwiches. Reason number two is that she already knows thirty-six ways to utilize bread crusts, any one of which is more attractive than this war bread. And reason number three is that if she were so foolish as to let a butter-tub full of crusts accumulate to a moldy mass, might her right hand forget its cunning and her bread-box be carried off by the rats!

## In Australia

IN Australia, where women have had full suffrage since 1902, there is an adequate system of food control, according to Patrick E. Quinn, Government Commissioner for New South Wales. "In Australia we believe that a government which cannot control prices for the benefit of its people is not living up to its obligation as a democracy."

## Some War Thoughts on War Cookery

MAN has been called "the cooking animal." The human being is the only creature that cooks its food.

Speaking broadly, the way that people cook is a measure of their civilization. Among savages, the methods are primitive; with the advance of civilization, they grow more elaborate and more perfect.

In some cases progress is hindered because the woman has no vote—as sometimes on a farm where you may see the latest labor-saving machinery to help the man with the outdoor work, but none to help his wife in the kitchen. Sometimes the conservatism of the woman herself is the stumbling block. Not far from the spot where this article is written, a woman of ninety died, who had always refused to use a stove. She preferred to do her cooking over an open fire on the hearth, as her grandmother and great-grandmother had done before her. She was the true type of the anti-suffragist.

One good by-product of this terrible war has been the spread among American women, more widely than ever before, of a knowledge of wholesome and economical cooking. Lectures and classes for instruction on this subject have been carried on by the suffragists in many different parts of the country; and it is worth recalling in this connection that one of the first results of extending suffrage to women, both in our own western states and in Europe, was a great increase in the opportunities offered by the Government for training in domestic science. Women realized the importance of this, and had been trying to get it for a long time. After they had the ballot, they were able to get it. The war has now caused the movement to go forward more rapidly and on a much vaster scale. This is a good result that will last after the war is over. "Then I shall know, and I cannot UNKNOW," says a little girl of whom Juliana Horatia Ewing's mother tells in one of her stories. The women will never lose the valuable knowledge that they have had to acquire as a war measure.

The worst kind of war cookery is the cooking of facts, to which the anti-suffragists resort in the war that they are waging against the advance of democracy.

Take a recent instance: In Wisconsin, where women cannot vote, a young school teacher, who was not, so far as appears, a suffragist, fell in love with a married man, killed his wife and shot herself. This is told with gusto by opponents of equal rights, and is put forward seriously as an argument against votes for women. They say, "She believed in the feminist doctrine of free love." Nineteen feminists out of twenty are more strongly opposed to free love than the average citizen. Mrs. Beatrice Forbes Robertson Hale says in her book, "What Women want":

"The feminist movement since its inception has consistently fought vice and immorality in every form. Suffragists rally to their banners bodies fighting such evils. Indeed, it may justly be claimed that a rigid and unbending morality has been an almost excessive virtue of the movement, so that feminists have sometimes lacked the width of mind to enable them to comprehend what they could not condone."

The Wisconsin school teacher, say the anti-suffragists, had been reading Ellen Key. Ellen Key does not advocate free love, much less murder. She believes that an exceptional woman, under exceptional circumstances, may be justified in having a child without being legally married—a view in which most suffragists do not agree with her. As Mrs. Hale says, if you let down the standard for the exceptional and superior woman, where are you going to draw the line? "If the superior woman may appease her hungry heart in this way, why may not the housemaid do the same?"

Ellen Key, by the way, was long supposed to be an anti-suffragist, because of her extreme insistence that married women ought not to write books or paint pictures, or do sculpture, or carry on any kind of profession, but ought to devote themselves wholly to love their families. When she was supposed to be an anti, the antis were proud to claim her as one of them, and boasted of her supposed opposition to the ballot. They did not admit for a moment that this made them responsible for her peculiar ideas on marriage. Later it was learned that Ellen Key did believe in suffrage, although she did not care so much about that as about some other things. Ever since the opponents of equal rights have held American suffragists responsible for everything heterodox that this Swedish writer advocates.

Now, just suppose that the suffragists were to cook up the news of the day in the same style—and we could do it with much less misrepresentation of facts. Whenever a young man shoots his sweetheart out of jealousy, or kills a girl for refusing to marry him, suppose we were to publish it with big headlines: "Anti-suffragist commits murder! He believed in the anti-feminist doctrine that men have a right to coerce women. It is proved that he was in the habit of reading the *New York Times*." Or whenever the police make a raid on illicit liquor sellers and other disorderly characters, suppose we announced with glee, "Seven anti-suffragists arrested for illicit liquor selling!" "A dozen anti-suffragists convicted of keeping disorderly houses!" "Anti-suffragist sentenced for white slavery!" "Twenty anti-suffragists arraigned in the night court for street walking!"

This would cause lively indignation among the antis; yet it would be strictly true. When Dr. Katherine Bement Davis took a vote on woman suffrage among the fallen women at the Bedford Reformatory, she found the large majority opposed to it, on the ground that it would be "unladylike." And every illicit liquor seller, every brothel-keeper and every man who lives on the earnings of white slavery is opposed to woman suffrage, as a matter of course.

A. S. B.

## Suffrage Cans—Use No Others

*Suffrage Can Protect Children.*

OUT of eleven full suffrage states of the Union 72.7 per cent have good child labor laws, and 100 per cent have compulsory education laws.

*Suffrage Can Protect the Family.*

90.9 per cent of the suffrage states have mothers' pension laws.

In 90.9 per cent mothers have equal rights with fathers over their own children.

*Suffrage Can Protect the Working Women.*

In 63.6 per cent of the equal suffrage states there are minimum wage laws.

*Underwood & Underwood.*

THIS IS THE FIRST WORKING UNIT TO WEAR THE HOOVER "SHIELD OF SERVICE" UNIFORM. IT IS OF BLUE CHAMBRAY WITH WHITE COLLAR AND BUTTON-ON CUFFS. THE RUSSIAN CAP HAS THE HOOVER INSIGNIA FOR LOYAL HOUSEWIVES EMBROIDERED ON THE FRONT. THIS CANNING UNIT WAS BEGUN AND FINANCED BY THE SUMMIT EQUAL FRANCHISE LEAGUE, WHOSE PRESIDENT IS CAPTAIN OF THE UNIT. IT BECAME SO POPULAR THAT IT IS NOW A COMMUNITY AFFAIR.

*"I want to be a Hoover and with the Hoovers stand, an emblem on my cap front, and one on my sleeve band."*

# The Why and the How of Saving

**Prepared for the *Woman Citizen* by the Food Administration**

THE Food Administration is asking the American people voluntarily to substitute other foods for our present liberal use of four kinds of foods—wheat, meats (as beef, mutton and pork), fats, sugar—and to use with out waste the milk supply of the country.

"Use other food products to save these four for the use of our army and for the use of our Allies," is the form in which these requests are put. Unless we do this we are confronted with the possible downfall of all the principles of democracy, for which we have stood and are standing before the world.

We are asked out of our abundance to give a little. We are not asked to reduce our total use of food, but to exchange other foods of equal value for the foods that must supply our soldiers and our friends in Europe. We are not asked to risk our health or family happiness to meet the new conditions; each of us is asked to accede to the requests of the Food Administration "in so far as my circumstances permit."

## The Why of Wheat

The wheat harvest of Argentina is far below the average in preceding years. The wheat crop of the United States, while somewhat better than had been hoped earlier in the year, is still far below the crop of 1915, upon which we have depended to carry us over through 1916, in which year the wheat crop was also poor.

The estimates of the needs of the Allies is not given on the basis of their full needs of wheat flour, but on the basis of 60 per cent of their needs. We can supply, without affecting the home conditions, 30 per cent of their needs, but to supply the other 30 per cent we will need to save enough of our wheat flour so that the total, when divided by the number of people in the country, can be stated in terms of one pound of wheat flour saved per individual per week. Through our non-use of this pound per individual it will be reserved for the use of the Allies.

To save the one pound of flour per week per person would mean, if translated into terms of white flour bread, that we must save enough of our wheat flour each week to represent a twenty-ounce loaf of bread, or one big loaf. If we put this in terms of slices of bread it would mean at least three slices of bread a day saved by each one of us out of our abundance. Many of us are already using far less than this in our daily diet. Others are depending almost entirely upon wheat bread as their main article of diet. Bread is, and always has been, the mainstay of the people who must live on a limited number of food products. If those of us who can exchange other food products of a food value equal to wheat should do so to a far greater extent than we are asked, then the hardship will not fall so greatly upon the mass of the people.

One wheatless meal a day will not be hard to enforce in some families. It will be extremely difficult to enforce in others. We must use judgment in the way we obey the spirit of the request. If all of the bread that we use is made by exchanging one-third of the wheat flour for other meals or flours, like oatmeal, rye, barley, corn meal, then we have lived up to the request for "one wheatless meal a day." If at breakfast we use muffins or other breads containing, either entirely or in part, other cereals, and then serve a breadless dinner, which is easy for most of us who are living in comfortable circumstances to do, we have lived up to the spirit of the request.

If we order our bread from our baker or grocer twenty-four hours before we need it, then the baker knows what his daily order will be and can limit the making of his bread accordingly. If we thus encourage the bakers in their endeavor to eliminate the waste in the taking back of stale bread from the grocery shop, we have helped to reduce the excessive waste of wheat flour.

If every bit of stale bread is used in some form before it becomes unfit for food, we are helping to save that pound of flour per individual per week.

## Instead of Cake and Pastry

The request to eat less cake and pastry is made because those of us who can afford cake and pastry, which takes white flour, can also afford to buy very much more liberally of the vegetables and fruits in season, which may be used in place of bread, cake and pastry. Omitting the rich desserts at the end of a meal will doubtless improve the health of the family.

Wheat we must have, because wheat and wheat flour are easily shipped for long distances without spoiling. White flour may be kept for long periods of time without becoming stale or rancid. On the other hand, even if the type of corn meal is that which is known as degerminated, it cannot be shipped for any great distance without becoming so heated as to spoil.

The water-ground corn meal which contains the germ rich in fat will not keep sweet longer than from three weeks to a month, and therefore cannot be shipped far from the mill in which it is ground. It is for this reason, and also because our allies are not familiar with the use of corn meal, that we are asked to let them have more of our wheat while we use more of the other cereals in this country. Next fall we will have corn again in abundance and corn meal may be used much more generously than we have used it in the past.

In the meantime we have oatmeal, barley, rye, which when used with flour will make delicious bread and will have greater nutritive value than bread made with white flour.

### Which Meats and Why

We are asked to use more liberally our supply of fish, shell-fish, poultry, game, eggs; and to use less liberally beef, mutton and pork, because these meats can be sent, either canned or smoked, to our armies and to our Allies.

For years the growing of beef cattle in the United States has not kept up in ratio with the increase in population. Therefore our meat supply has always been inadequate to fill, economically, our own needs. Now we must save a supply of meat equal to 4,400,000 cattle. And because many of our people in the United States do not get meat even once a day (often, not once a week), those of us who have been over liberal in its use must save more than the estimated share for each of us—one ounce per day.

To know that an ounce of steak is a piece that measures one inch each way may help us to realize just what our saving on meat must amount to. Viewed in this light the restriction does not seem hard, even though a great many of us will have to save more than the ounce per day if the amount saved is going to average one ounce per person per day.

We are asked not to eat the flesh of immature chickens, birds, pigs, calves, or lambs, because the use of young animals destroys potential food supplies, and, in the case of lambs, potential supplies of wool. This is a general rule. There may be times when the shortage of forage crops makes it imperative for the farmer to sell the young animal. But even this should not make us yield to temptation. There'll be quite enough 99 per cent patriots to consume this sort of supply! When we realize that meat is eaten very largely, not for its food value, but because we love its flavor, that there are millions of people in the world who use no meat, or very little, that with some it is a religious duty not to use meat, we cannot argue very seriously for the need of excessive meat in the diet. In ordering meats do not order so-called cheaper cuts thinking to comply with the Food Administration standard. By so doing the price of the cheaper cuts may be raised through excessive demand and thus work a hardship on all.

### Why Save the Fats

We are asked to *save* fats, not only to substitute some kinds of fat for another but to *save fat*, because we are the most extravagant of the nations in our use of fats. Especially are we extravagant in the use of animal fats, some of which are so essential for growth and for the maintenance of health. The fats from milk, or butter fats, head the list in value. Because of this and because our milk supply is inadequate to give us all a sufficient supply of milk and yet provide for the condensed milk that must be sent to our armies, we are asked to use other fats than butter in cooking. Most of the people in the United States are already obeying that law, forced to do so by economic conditions. Many of us are not even using butter on the table. This means that all of us to whom this appeal comes as a personal sacrifice should remember that the reason is not to discourage the dairy industry—we are doing all in our power to encourage that—but to encourage the greater use of whole milk by the children of the country, to save enough milk so that our condensers, who are making evaporated and dried milk for the use of the armies in France, can comply with the request of the United States Government for an additional amount for the use of our boys in the camps of this country as well as for those in the camps in France.

Formerly, 50 per cent of the available milk in this country was used in making butter, 40 per cent was sold in the form of whole milk, 10 per cent went to make cheese and condensed

HERBERT HOOVER

milk. A large share of the skim milk, left from the butter industry, has been thrown away. To-day we are asked to save every drop of milk, as it is one of the very best foods for child and man. While not perfect, it is the most nearly perfect that we have.

Each one of us must do our share in reducing the wasteful and unnecessary use of butter and milk. All we are asked to do is to use one-third of an ounce less per day of animal fats, or we are asked to reduce our use of all fats to a slightly larger extent. This means the fats we buy as fats, not the fats that are parts of other foods. We have plenty of oils, but are short on animal fats.

### Why Save the Sugar

We have plenty of sugar in the United States but the supply of sugar for our Allies is very low. We must do our part in supplying them with sugar. They are already short on fats. The sugar, to a certain extent, will help them to make the fruit jams and marmalades which they use in the place of butter on their bread. If we use less candy and sweet drinks, reduce the excessive use of sugar in tea and coffee, we will meet the situation by saving one ounce of sugar per person per day. The Food Administration does not say to eliminate the use, but to use less sugar in candy, cake-frostings, sweet drinks. We are not to stint excessively in the daily use, either on the table or in putting up fruits and preserves.

### Why Save Fuels

We are asked to save fuel. We are not asked to freeze ourselves, but only to use the good sense that most of us are now applying in reducing the excessive transportation of coal.

Last winter it was difficult to ship coal. This year, because of the burden of moving our army, it will be even more difficult to keep the supply of coal well distributed to all parts of the country. If we, through the use of forethought, can reduce the use of coal in cooking, in heating, in generating gas, and in generating electricity, we will have helped the railroads of the country in doing their part in voluntary response to the request of the Government for direct aid in moving war material. Wherever we can use wood we should do it. Wherever we can use oil in cooking or in heating we should do it. Wherever we can use electricity that is generated by water power we should do it. Wherever we can use natural gas in heating we should do it. Also, we can save by turning out the electric lights every time we leave a room.

### Use More Fruits and Vegetables

In exchange for wheat flour, meats, fats, sugars, we are asked to use liberal supplies of the perishable fruits and vegetables. Encourage their growth on the farm and in the garden. Buy them in the markets or from our neighbors, if we are not so fortunate as to raise them. Can, preserve, or dry fruits and vegetables for winter use, as the canners of the country are being asked to supply the needs of the army. The supply of canned goods, therefore, that will be on the market for us to use will be limited. The cost of containers, as well as the increased cost of products is going to increase the cost of the canned goods on the market. We must use our local supplies to put up our own canned goods for the winter.

By doing this we will make it easier, through decreasing the demand, and thus not inflate prices. We will save transportation.

Last, we must remember in all this campaign for the conservation of foods that the object is not economy from the standpoint of money. As a nation we have more money than we ever had before. The object is economy in the use of the few food stuffs that we must send to our Allies to aid them. It may cost us more, it may cost us less to comply, but that is not the question. The question is, are we, as the home makers of the country, going to do our part, willingly and happily, while the soldiers in the ditches bear the burden?

# America's Most Famous Housekeeper

WITH famine knocking at the door of the world and every man who swings a hammer knocking the home-keeping woman, that hitherto inoffensive being has been dragged from the legendary security of the fireside and placed in pillory. Penned in by the high cost of living, torn by a desire to minister to her dear ones, taxed beyond her strength by petty domestic worries increased by war-time conditions—really you can quite harrow your mind with the picture!

With mind thus harrowed, I turned my footsteps to the home of America's most famous housekeeper. A shaded country road, that circled a limpid lake, led me to her door, to which with old-time Southern hospitality, she came to greet me. Flowers, brought with her own hands from homes of genius here and abroad, clustered about the broad veranda. In a gay little bird-house near by two saucy wrens, with the temerity of newly-weds, flaunted their ability as home-makers under her very nose. A friendly squirrel whose habit it is to come to her for provender, although the woods about afford a harvest for the gathering, scampered across the lawn. An all pervasive peace wrapped the lovely landscape and, like a shadow before the sun, the ugly vision conjured up by recent diatribes, faded into insignificance, and the dignity, the beauty, the inestimable value of the gentle art of home-making, which every true woman carries in her heart either as a memory or a hope, stood out in their true proportions like a sturdy range of mountains against the glowing evening sky.

Paying tribute to Marion Harland (Mrs. Edward Payson Terhune) is like trying to speak of one's love for one's mother. It is so obvious a thing that words fail to express what is meant. She has been a guiding light to the novice, a source of help to the perplexed and a force for good in the homes of the land for so many years that she has become almost a sacred tradition—like Deborah or Ruth; an impalpable creation of printer's ink and homely advice; an oracle to be consulted and obeyed but not an approachable individual with birthdays and neuralgia, new cooks and other grievances to which flesh is heir. Yet these things, the common lot of all, must have befallen her, although they have left scant trace, unless it be in the blessed common sense of her, which is but another name for a sound, sweet philosophy of life born of long experience and broad sympathies.

"MARION HARLAND"—EIGHTY-SIX YEARS YOUNG

"I have just finished a three-column article on the use of substitutes for meat," she said regarding me with her kind, keen gray eyes. "So many inquiries come to me now from my correspondents who want to help conserve the food supply and at the same time keep their families well nourished."

She has heard the cry of the troubled housewife and she counsels corn meal, common sense and calm.

"It is a patriotic duty to conserve food and every effort must be made by each of us to do so. Not only is this the duty of women, but of men as well, and even children can be encouraged to eat more of the perishable products that staples may be released for transporting across seas. What the country needs is more patriotism in the home. We have been quick to respond to the call to action. We have been patriotic in Red Cross work, in Liberty Loan activities, in rising to the national anthem, in knitting and organizing. But love of country begins at home or it has no beginning. It is there that self-sacrifice, fortitude and noble ideas are fostered.

"This terrible war is for a great principle—and we are asked to eat cornbread instead of wheat. Surely that is a small personal contribution to a great cause. Civilization is at stake and we have been asked to eat less beef; surely an insignificant sacrifice to the accomplishment of the ages.

"Here is a simple recipe which is nourishing, palatable and not expensive. Cover a baking dish with bits of salt pork and over it put a layer of unpolished rice, then a layer of blanched sweetbreads and continue till the dish is full. Pour over it a cup of stock or a can of tomato bouillon and bake. Corn meal affords an endless variety, and when its use is understood and appreciated as it is in the South it will be served at least once a day. The water-ground meal of the South, which is superior to the Northern process, requires no admixture of flour and Southerners never sweeten cornbread."

As she talks the kitchen becomes a place of infinite possibilities, a laboratory of interesting experiment, an altar upon which the sacred fires burn. Domestic economy takes its place beside political economy and woman's sphere stretches from Dan to Beersheba and from the hearthstone to the Capitol. Here is a young woman of eighty-six summers coordinating great principles with small economies and national problems with domestic ones. She makes democracy a thing not of free action and free speech—an idea which intoxicates so many of its advocates—but a matter of individual responsibility and personal concern. And by the same magic of interpretation she raises the domain of the housewife from obscurity and hard labor to a position requiring brains to conceive and system to operate.

"We have heard too much about the drudgery of domestic life and too little about the dignity, the opportunities and the sweetness of it," she said. "I have spent my life trying to educate the public to an appreciation of these things. One of my friends in urging me to devote myself to more *serious* work once said: 'But it isn't literature.' 'No,' I replied, 'but it is influence.' And I would rather have that influence, that feeling of close communion with the thousands who come to me with their problems, all sorts of problems from matrimony to measles, than to have my works occupy the place of honor and accumulate dust on the library shelf.

"When did I start writing? When I was six. But it was not until I was fourteen that I pinned my hopes to my pen. My dear father, who was in advance of his time, advised my sister and myself to choose some line of work in which to perfect ourselves. She chose music

and I chose to write." Mrs. Terhune's first novel was written when she was seventeen but not published until several years later. At the time she expressed the hope that her "dear father would not lose any money because of his faith in her work." It was such a success that others followed rapidly. Besides bringing up a family, who received their early instruction from her, writing a noted American cook book, and carrying on a weekly syndicate, she has had time to publish 63 books. Covering what is probably the largest syndicate maintained by any woman, she now does all her writing with her left hand on the typewriter. She has never recovered the use of her right hand since breaking her wrist eight years ago. A weekly correspondence, which runs into hundreds, even thousands, of letters, receives her personal attention, although two secretaries are required to handle it.

"Old age," says this wonderful woman, "is merely selfishness. We have lived our lives we say, and we shut our minds to the interests of those about us. So the lethargy of the lotus eater enwraps spirit and senses."

The woman of fifty, who when her children are grown finds herself "out of a job" was discussed in Mrs. Terhune's hearing not long ago. "If I found myself out of a job I would go right out and make one for myself," was her comment. She believes in the saving grace of work and considers the woman with a profession blest among women, because her life has direction, poise and live interests. Nor does she find a career incompatible with home-making The business woman, she says, brings something of the order and efficiency of business method to bear upon her domestic problems and carries something of the repose and sustaining strength of home life into her business. Not only has Mrs. Terhune been successful in amalgamating these two great interests but both of her daughters, Mrs. Christine Terhune Herrick and Mrs. Virginia Terhune Van de Water have carried on the family tradition in the literary world while at the same time ordering homes and bringing up families. Of the accomplishment of these two daughters and her son and grandsons, Mrs. Terhune is more proud than of her own achievements. B. G.

## The Robbed Stuff

Dr. Alfred W. McCann says: "We not only have discarded the food value of corn in America, but we have banished its flavor through our silly preference for the nicer-looking, robbed stuff that is now being consumed by the ton."

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# Our Corn and the Rest of the World

THE United States produces almost three billion bushels of corn as against less than 800,000,000 for the rest of the world. This is not because corn needs a certain climate, for it grows in all the states of the Union—most lavishly in Illinois, least in Wyoming—and in all parts of Canada. Evidently the rest of the world does not raise corn because of that same inertia about new things that prevents us from cultivating French chestnuts as vegetables, or many of the other foods which are eaten abroad and could be raised here successfully. It seems to be agreed by all agricultural writers that though corn is native to no country but America it can be raised in almost any.

CHRISTINE TERHUNE HERRICK

As an American product, it was first commented on by Scandinavian travellers to Vinland in the 11th century. Columbus saw it in Hayti, and the name maize (mays) comes from Hayti. This word is also found in Mexico, where Prescott says Cortez found it. In the 16th century, DeSoto found it in Florida. The Puritans in King Phillip's war found and took possession of fields and hordes of the Indians' maize.

Sweet corn was taken from the Indians in the war against the Six Nations. LaSalle speaks of the Indian corn crops in Illinois. Again and again all the colonists and travellers everywhere in America comment on this wonderful food supplied the Indians by nature, and it is the common agreement that it was the corn alone that kept the colonists themselves alive and flourishing in all parts of America. Agriculturists speak of it as native to America alone and agree that "if a grain so nutritious had existed previously anywhere in Europe it would have spread."

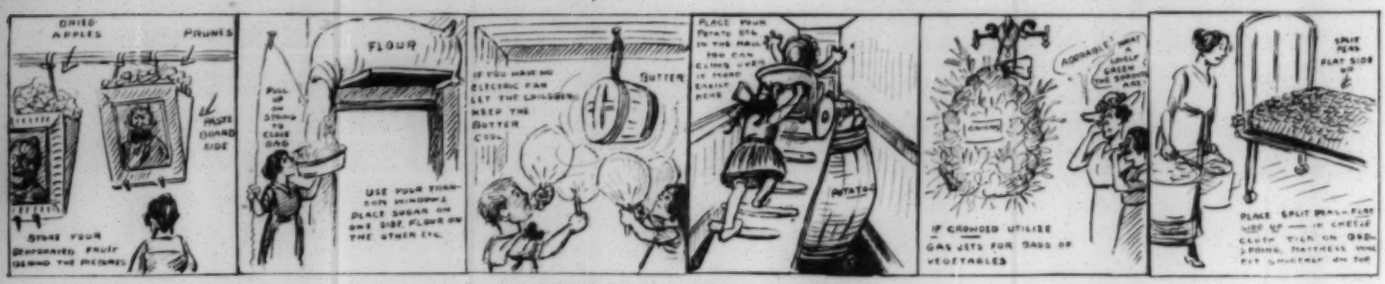
It is still regarded as not only the most distinctive, but the most important and valuable crop in America. It furnishes many varieties of food for human beings, and food for cattle and enrichment for the soil. It is regarded by Bailey, and others, as so important to keep at home that its exportation is not encouraged. Wheat, the second best American cereal, is only half as valuable as corn.

There are some considerations to be weighed in connection with the new wide advocacy of corn meal, before its use can be as successfully established as its merits warrant. For one thing, to some people it proves indigestible. For another thing, corn meal does not keep well. Many Southerners are convinced that only the water-power, stone-ground, slow-milling process produces corn meal of quality, and that even that should be bought in small quantities. Many of them insist also on white flint corn as making the only proper meal for table consumption.

Mrs. Christine Terhune Herrick is one Southerner, however, who considers that she can get excellent results from the yellow corn meal of the North. In behalf of the *Woman Citizen*, she took the matter of the relative merits of white and yellow corn meal to Dr. Harvey W. Wiley.

"I do not think," says the famous expert, "that there is any choice between white corn meal and yellow corn meal. There is, however, a big difference between corn meal and corn meal. The commercial article known as corn meal is a degerminated, decorticated, devitiminized product. Real corn meal, such only as should be made, is the whole ground grain. Unfortunately, there is not much economy in using corn meal to-day, in place of wheat. In yesterday's market in Baltimore, corn sold for only ten cents a bushel less than wheat. I hope you will give real corn meal a good boost in the *Woman Citizen*. At the same time do not forget to mention that for children of all ages, especially the young, corn meal should always be eaten with a generous supply of whole milk, as otherwise it does not promote growth."

The indigestibility of corn meal is believed to be due to wrong milling and cooking processes that are bound to yield before the present pressure for a better milled product and more widely diffused knowledge of palatable meal dishes and how to make them.




STILL WITH A DESIRE TO HELP.

**According to the recent pronouncement of a wholesale grocer, the reason food is so high is because the housewife is hoarding food in cellar and pantry. Still with a desire to help, Lou Rogers, the cartoonist, has visualized some neat expedients whereby the city housewife may get in line to merit the accusation. If you are going to have the name you would as well play the game.**

# The Practical Housewife Speaks

THAT the Hoover Food Administration is to be responsible for an extended and profitable culinary knowledge of corn products is already apparent. Corn meal, corn flakes, hominy and grits afford points of application to the dinner table not heretofore dreamed of in the economy of many a household. It is possible to assemble recipes for corn breads of a dozen or more varieties, including egg bread, the delicious spoon breads of the South, and other combination breads made of corn products in connection with wheat, oats, rice, etc.

To Mrs. Harriet J. Roworth, of Providence, R. I., the North is indebted for a spirited brief in behalf of its prowess with corn meal. Mrs. Roworth sets forth that she fails to agree "that Southern people have the art of making good corn bread, Johnny cake, etc., all to themselves. New England and Rhode Island, in particular, are noted for corn bread and Johnny cakes. The latter, however, belong most exclusively to Rhode Island and there are as many standards for making them as there are cooks to make them. We prefer the Baltimore Southern meal or that of Rhode Island to the coarse yellow meal found in Massachusetts. They who have read of the famous Johnny cake letters, written years ago to the Providence *Journal* by the late Joel Hazard, need not be reminded of the fame of our Rhode Island corn meal delectations. These, however, were baked on a 'Johnny cake board' instead of fried."

Mrs. G. M. Henderson, of Indianapolis, who is not a Southern woman but a Hoosier of Southern ancestry, submits two recipes that have been in her family for many years. "The 'Never Fail Corn Bread' recipe has been passed to many friends who feel as we do about it. One beauty about it is that the ingredients are always available in every home and you do not have to wait for the usual sour milk in order to have corn bread on short order."

### Never Fail Corn Bread

1 cup corn meal, ½ cup flour, 2 teaspoons sugar, salt to taste, 1 egg, 3 teaspoons baking powder, lard the size of an egg (melted), 1 cup cold water. Mix the dry ingredients, then add the melted shortening and water.—*Mrs. G. M. Henderson, Indianapolis, Ind.*

### Corn Bread

2 eggs, well beaten. To this add 2 full cups of milk. Stir into this sufficient corn meal to make a very thin batter. Add 1 teaspoon of salt and 3 teaspoons of baking powder. Melt 1 large tablespoon of lard in the pan in which you intend baking the bread. Pour in mixture and bake in *hot* oven. Time 10 to 15 minutes. Cut into slices and serve hot.—*Texas Equal Suffrage Association.*

### Corn Bread

1 cup corn meal, 1½ cups buttermilk, 1 egg, ½ teaspoon baking soda dissolved in milk, ½ teaspoon salt. Mix dry ingredients, whip egg until light, add milk, then meal, pour into hot greased pan and bake in quick oven.—*Mrs. Ashbury Abney, New Orleans.*

### Thin Corn Bread

Take 2 cups of corn meal, 1 pint of milk, 1 teaspoon of sugar, ½ teaspoon of baking powder, 1 egg, 1 tablespoon of melted butter, 1 pinch of salt. Mix thoroughly, pour it thin in the pan; bake till rich brown on both top and bottom. This is the cornbread that is all thin golden crust, with no centre of crumb.

### Egg Bread

½ cup flour, 1½ cups corn meal, 1 teaspoon salt, 1 teaspoon soda, 1 egg, well beaten; sour milk to make a thin batter. Beat the egg until foamy; add sifted dry ingredients, and mix well. Pour into a *well* greased hot pan or skillet and bake about 30 minutes in a hot oven. —*Mrs. Florence Meek, Redfield, S. D.*

### Corn Bread Without Eggs

Rub together ½ cup sugar and a piece of butter (or other shortening) the size of a walnut. Add ½ cup Indian meal, 1 cup flour, 1 cup milk, salt, and 2 slightly rounded teaspoons of baking powder.

Mix meal and half of milk, then add ½ of flour and remainder of milk, also flour into which the baking powder has been well stirred. Bake in moderate oven.—*Mrs. E. A. Seaver, President, Scituate, Mass., Equal Suffrage League.*

### Johnny Cake

Heat the meal in the oven, having some salt in it (this prevents cooling the boiling water). Pour over the meal boiling water, stirring constantly till all the meal is of the right consistency and swollen to a stiff batter which can be kept in shape on the griddle, not run over it like a griddle cake. Plenty of good grease must be used on the griddle—and it must be hot but not to burn—Indian meal must cook slowly in these cakes and thoroughly. It is nice to pat the cakes in shape with the back of the fingers wet with milk. It gives them a good color. Renew the grease from time to time and when the cakes are turned. Some persons put in an egg and some a speck of milk but they are not necessary.—*Mrs. Harriet J. Roworth, Providence, R. I.*

### Wisconsin Johnny Cake

This recipe for "Johnny Cake" comes from a Wisconsin farm:

"My pet economies are embodied in my 'Johnny Cake,' which is very good and makes an appetizing, nutritious addition to a farmer's dinner. My pet economies are the use of cream for shortening and a very sparing use of eggs, because I think they together toughen much food. I never use eggs for pancakes, Johnny cakes, etc.

"½ cup sour cream, 1½ cups sour, thick milk, saleratus to sweeten, ½ cup sugar, a sprinkle of cinnamon, a cup of flour, corn meal to make a moderately stiff batter. Bake in greased pie tins; pour in batter till about two-thirds full. Have a good fire; bake 20 or 25 minutes.

"N. B.—Sour cream makes delicious cakes, cookies, etc., saving much other shortening and making much more delicate food."—*Alura Collins Hollister, Makwonago, Wis.*

### Old-Fashioned Johnny Cake

Sift together 1 cup of yellow corn meal and 1 cup of flour, 4 teaspoons of baking powder, 4 tablespoons of sugar and ½ teaspoon of salt. Add 1 egg well beaten, 1 cup of milk, and beat well. Then add 1 tablespoon of melted butter, mix, and pour into hot greased pan.

May be baked either in gem pans or in a large shallow pan.

# Spoon or "Batter" Breads

### Virginia Spoon Bread

TO make a quantity sufficient for six, allow one and a half cups of corn meal, one pint of milk, two teaspoons of baking powder, and three eggs; scald the meal with just enough boiling water to wet it without becoming soft. Let cool, then add one teaspoon of salt and the milk a little at a time; beat the yolks of the eggs to a cream, the whites until stiff, and add first the yolks, then the baking powder, and lastly the whites of the eggs; pour into a buttered baking dish and bake in a moderate oven for three-quarters of an hour; send the dish to the table and serve with a spoon, as the name suggests. The bread should be of the consistency of baked custard and is eaten with a fork.

### Spoon Bread

Batter Bread, or Spoon Bread, or soft corn bread (known by all three names):

1½ cups of corn meal; 1½ cups of boiling water; 1½ cups of milk; 2 eggs; salt to taste; 1 tablespoon of butter and 1 tablespoon of lard (or 2 tablespoons lard or other grease); 4 level teaspoons of yeast powder.

Scald meal with water, add milk, add beaten eggs (can be beaten together) salt and shortening, then add yeast powders, and mix well; pour in greased baking pan, and bake for one-half hour—nice for breakfast, supper or dinner. —*Mrs. S. B. Vance, New Orleans, La.*

### Soft Corn Bread or Spoon Bread

(A noted Maryland recipe)

Put 1 pint of cold water in a sauce-pan and place on fire. Add 1 teaspoon of salt and 1 large cup of *yellow* granulated corn meal. Stir briskly until like a thick mush. Remove from fire and add lump of butter size of an egg; stir in well. Add 1 cup of fresh milk; beat in well. Add 2 well-beaten eggs to this mixture and stir in well. Lastly, add 1 cup of cold water and stir in well. No baking powder. Turn into a pan well greased and floured and bake in *hot* oven about 30 minutes. Send to table in pan or dish in which baked. If baked in gas oven, turn out one burner last five minutes.—*Texas Equal Suffrage Assn.*

### Rice Bread

To 1 pt. of well-cooked rice add ½ pt. flour, the yolks of three eggs, 2 spoons melted butter; 1 pt. milk, ½ teaspoon salt. Beat all together; then, having beaten the whites of eggs to a stiff froth, add to batter. Bake in shallow pans, or gem tins.

### Hominy Bread

2 cups cold boiled grits, 2 eggs, 2 tablespoons butter, Crisco or Wesson Oil, 1 teaspoon baking powder, 1/3 cup flour, 1 cup sweet milk. Bake in hot oven.

### Spoon Bread

¼ cup corn meal, 2 eggs, ½ cup cooked hominy (or grits), 1 tablespoon butter, 1 level teaspoon baking powder, 1 teaspoon salt, 1 pint milk. Mix yolks of eggs, butter and hominy together; add meal, stir in milk slowly and beat in the stiffly beaten whites last. Bake in a deep pan in a moderate oven.—*Mrs. A. C. Hammond, Columbia, S. C.*

### Corn Spoon Bread

2 cups sour milk, soda to sweeten; 2 cups boiled rice, 1 cup corn meal, 2 tablespoons shortening, salt to taste. Bake slowly three-quarters of an hour, or until firm. Serve hot from baking dish.—*Mrs. Belle Park, Oneida, N. Y.*

### Corn Meal Spoon Bread

2 cups corn meal, 2 eggs, 1 teaspoon of soda dissolved in hot water, 2½ cups boiling water, 2 tablespoons butter, 1½ cups sour milk. Beat all well and pour into a hot greased pan, cook in a moderate oven for ½ hour.—*Mrs. F. T. Foote, Kapleen, La.*

### Corn Meal Batter Bread

1 pint sour milk, 1 pint corn meal, 1 teaspoon soda, salt to taste, 2 eggs.—*Mrs. F. T. Foote, Kapleen, La.*

### Batter Bread

(*Fine*).

1 quart corn meal, pour over 1 pint of boiling sweet milk, 1 teaspoon salt, 2 large tablespoons of lard; stir the above all together, then add four eggs. Grease shallow pans well and pour in the batter.—*Mrs. F. T. Foote, Kapleen, La.*

### Batter Bread

Mix 2 well beaten eggs, 7 tablespoons of Pamunkey Mills meal, 3 tablespoons flour, 1 teaspoon baking powder, and salt to taste. Put one quart of milk on fire to boil, and when it comes to a boil pour over the meal, etc.; put in baking pan and bake quickly.—*Marion Harland, New York.*

### Breakfast Batter Bread

Scald two cups of corn meal. If any rice is left over, or grits, add two tablespoons. Beat well three or more eggs. Use all the cream you can spare in a cup of sweet milk. Mix tablespoon of sugar with half cup of butter. Mix all ingredients, using enough milk to make a very thin cake batter. Add three level teaspoonfuls of baking powder if you use three eggs. The less eggs you have the more baking powder you will need. Bake in moderate oven until a beautiful brown and serve at once, serving with spoon, with butter. I bake in a glass baking dish. This is delicious if made rich enough, and I prefer yellow meal. Buttermilk and soda may be used with equal success. —*Mrs. B. B. Bradley, Columbia, Miss.*

### Hoe Cake

One of the most familiar ways of cooking corn meal is after the fashion handed down from the ante-bellum days of the South. It was customary to send the slaves out to the fields for the entire day. Getting hungry, the field hands would detach the hoe from the helve, mix a meal batter, spread this upon the thin blade, and bake it in hot ashes, hence the "hoe-cake." Slave-owners came to know how palatable the hoe-cake was, and to make it a feature of plantation dinners.

#### *Mrs. Ashbury Abney, New Orleans*

1 pt. corn meal; 1 pt. boiling water; ½ teaspoon salt; 1 tablespoon of bacon drippings. Scald meal and salt with water; pour batter into frying pan that has been heated and greased, bake brown. Then turn, and brown underside.

Some cooks add an egg, but the old mammies omitted the egg.

#### *Elenita T. Kirkpatrick*

Pour enough scalding milk on corn meal and a little salt to make a stiff dough. Let stand one hour. Grease a hot griddle. Put 2 tablespoons of dough on the griddle, smooth surface, making cake ½ inch thick. A quarter of an hour is necessary to bake each side. Serve very hot.

## "Batter" Cakes

### Very Nice Corn Griddle Cakes

2 cups of sour milk, with a teaspoonful of soda in it beaten to a foam, 1 cup of water, 2 cups of corn meal, 1 cup of flour, a little salt and 3 tablespoons of melted butter. Mix thoroughly and fry on griddle.—*Mrs. Grace M. Lansing, Watertown, N. Y.*

### Best Corn Cakes

1 egg, ½ cup sugar, 1 cup milk, 1 cup Indian meal, 1 cup flour, 1 teaspoon soda, 2 of cream of tartar or 2 teaspoons baking powder. Bake in loaf, or small tins, or gem pan, or in dripping pan, and cut in squares.—*Mrs. C. D. Spencer, Shelburne Falls, Mass.*

### Corn Bread Batter Cakes

Same as batter bread, except fried on griddle. Or two cups yellow or white corn meal, salt, tablespoon of sugar to insure a nice brown, buttermilk and soda, or baking powder and milk or water. An egg if convenient.—*Mrs. B. B. Bradley, Columbia, Miss.*

### Corn Cakes

1 cup buttermilk; 1 egg; 1 tablespoon sugar; ½ teaspoon salt; ½ teaspoon soda; 2 teaspoons melted butter; enough flour and meal, half and half, to make a thin batter. Fry on hot greased griddle.—*Elenita T. Kirkpatrick.*

# Outfits for the Home Canner

***The Very Least She Can Get Along With***

Laboratory cleanliness in person, utensils and room is the first essential. Porcelain-lined or enameled kettles should be used for fruit juice. Do not use iron or tin utensils for preserving, canning or jelly making. Use broad rather than deep vessels, so as not to cook food in deep layers. It is also necessary to have a wash boiler fitted with a false bottom of wooden slats, with willow or with heavy chicken wire, 1 colander, 1 fine strainer, 1 skimmer, 1 ladle, 1 large mouthed funnel, 1 long handled wooden spoon, 1 wooden masher, a few pans and bowls, sharp knives for paring, 1 of silver for fruit, 1 half-pint cup and spoons for measuring and containers of glass, earthenware or tin. With tin containers, an entire capping outfit is needful.

Have also ready several squares of cheesecloth, a flannel bag for straining and something to suspend it from (the broom handle across two chair backs is good enough), 1 large washable overall apron and plenty of clean towels.

Sterilize everything liable to come into contact with the food after the canning process commences. Never forget that food conservation is a fight against living organisms. The home canner must work as if she were in the operating ward of a hospital.

***A Few Helpful Additions***

A wire basket to lower the food when it is blanched saves time. A strong wire puree sieve saves labor. A fruit pricker made out of a broad cork stuck full of upside down darning needles expedites pricking of plums—but don't use needles fine enough to break off in the fruit.

A glass measuring cylinder, a syrup gauge, a slender wooden paddle for packing vegetables in jars, a rotary slicer are all worth while, but the slicer can cut fingers as well as vegetables. It is not for children.

A potato peeler when dehydrating, a strawberry huller at 5 cents, special shallow trays for grading and sorting vegetables, corers, pitters and food choppers are labor saving devices.

***When Canning is to Be Done on a Large Scale***

When considerable canning is to be done, some of the commercial outfits are worth consideration. The simplest is a hot-water canner to be placed on the kitchen stove. Another has a fire box attached and may be used out of doors. These outfits also include blanching trays, tongs for handling hot jars, a false bottom and tools for sealing tin cans. The small hot-water canner is the least expensive of the commercial outfits. It is most easily handled by the inexperienced. It is preferable for processing fruits and tomatoes. The water-seal canner is one which uses only a small amount of water and little fuel. The steam-pressure canner is made of strong material with a steam-gauge and thermometer. It needs a high degree of heat, but is well worth considering for large quantities of vegetables such as peas, beans and corn.

***The One Indispensable***

Whatever the amateur food preserver has or has not she should write to Washington for Agricultural Bulletins, giving careful advice. For home canning by cold-pack method, get Farmer's Bulletins No. 839 and 853. For canning fruits, preserves and jellies, Farmer's Bulletin No. 203. For drying fruits and vegetables in the home, Farmer's Bulletin 841. They will cost nothing but a letter to the United States Department of Agriculture.

JUST AS MUCH INTERESTED IN FOOD CONSERVATION AS THEIR MOTHERS.
Camp Fire Girls Discussing Relative Food Values of Fruits.

### Keeping Green Beans Green

Clara E. Bothell, of Indiana, Pa., writes: "I am sending two recipes for keeping green beans known as 'snap,' 'string' or 'stringless.' They are both good and simple in my experience. I think I read them in *The Farm Journal* several years ago. I rather prefer the first. It keeps the beans so firm and naturally fresh.

"First Method (uncooked): Break off the ends of the bean pods and pack them, while wet from washing, in an earthen crock, alternating a layer of beans with a layer of salt and using about one cup of salt to one quart of beans. Keep them weighted down in the brine which forms. If enough brine does not form to cover add a little water.

"Take out a 'cooking' the day before using, wash well and soak in cold water till you wish to put on fire, put on in boiling water and change the water on them two or three times. A pinch of soda added to the water in cooking saves fire and, if you do not use too much, does not make them mushy.

"Note: When put up so, they will settle so much in the vessel that more can be put in after a few days.

"Second Method: Prepare the beans as for the table, and cook in slightly salted water. Fill into glass jars (both beans and water) as you would fruit, and just before you screw on each lid pour on top of the beans a teaspoonful of good vinegar."

## Manuals and Bulletins

Among the best manuals on food conservation is a series issued by the *Woman Suffrage Party of Greater Cleveland*, 1706 Euclid Avenue.

*National Emergency Food Garden Commission*, 210-220 Maryland Building, Washington, D. C., has a set of manuals on home drying, home canning and food gardens.

Mayor Mitchel's *Food Supply Committee*, 71 Broadway, New York City, is furnishing a comprehensive booklet, "*Hints to Housewives.*" It contains directions for buying, preparing and caring for food. It provides delicious recipes and much practical advice. It is furnished free to those who cannot pay. Others are asked for small contributions to help pass the book on.

The *Agricultural Department's* bulletins tell how to can and dehydrate fruit and vegetables; how to select, conserve or go without meat.

The Agricultural Department's *Food Thrift Series* gives recipes and directions for buying, storing and cooking food, for iceless refrigeration, fireless cooking and winter storing.

### Old Glory Bread

War time economy is responsible for the introduction of Old Glory Bread, made from a recipe used in the old war time days. It was at a gathering of the Housewives' League and later at a suffrage luncheon that Mrs. V. W. Long, of Birmingham, Ala., introduced this bread, which calls for: 4 oz. rye flour, 12 oz. whole wheat flour, 3 lbs. white flour, 1 qt. water, ½ oz. yeast, 1 oz. salt.

# The Stove and the Sun and the Electric Fan

***Making the Cook Stove Do the Work***

There are three ways in which food may be dried. It may be done by artificial heat, by sun's rays or by air blast (such as an electric fan).

When the kitchen range is the only outfit the housewife has, she may still do her bit for winter food. She may spread the food on plates or trays and set it on the back of the stove or in the oven, taking care that a thermometer is at hand so that she can test the temperature. If the heat is strong at first, it may scorch the food, or it may seal it with a hard crust, holding in the moisture like a capsule. It should begin at something like 110 deg. F. and never rise above 140 deg. or 150 deg., generally well under that.

***If Someone Is Handy with Tools***

A home-made dehydrator—a cut of which may be seen in Farmer Bulletin No. 841—is so easy that any woman who can saw a light strip of wood and drive a nail can make it herself. It consists of a series of trays swung over the kitchen stove. The sides of the trays are made of strips of wood ½ in. by 2 in., the bottoms of small mesh galvanized wire netting. If someone is clever enough to rig up a wooden crane to swing out over the stove from which to suspend the trays, the affair will be made more convenient. This can be used over coal, oil, or kerosene range.

There are other simple cook-stove driers which can be made by following the directions in the agricultural belletins and in the *Home Drying Manual* of the National Emergency Food Garden Commission.

At least two small cook-stove driers are on the market. One costs $6 and the other from $16 to $60. Those which have their own furnaces cost from $24 to $120.

***Let the Sun Do It***

"Carry in, carry out," is the program for sun drying. The simplest way is to spread slices, or bits of food on sheets of paper or lengths of muslin and expose them to the sun. Choose muslin if there is probability of sticking. Days must be bright and hot with little moisture, and the food must be protected from rain and dust. This means carry in the food at sun-down, carry it out at sun-up. Coverings of cheesecloth to protect from insects are necessary. Once or twice a day the food must be turned over, and the thinner dried pieces removed. Successful sun-drying requires a climate with plenty of warm and sunny days.

Sun-drying has the double advantage of requiring no expense for fuel and of being free from danger of over-heating. The flavor of sun-dried food is accounted better, possibly because it is never scorched.

***The Electric Fan Can Do Its Bit***

As an air blast dehydrator, an electric fan does very well. Stand trays 1 ft. wide and 3 ft. long endwise close before the fan. The number of trays must be regulated by the size of the fan. It will take about 24 hours to dry by air-blast most food, except sliced string beans and shredded sweet potatoes, which will dry in a few hours.

***Moths Also Like Dried Fruit***

Whatever method is employed, accuracy, cleanliness, and watchfulness, are essential to a good dehydration produce. If the products are insufficiently dried they will mold. If they are not dried in a clean way, they may become infected with insect eggs. In both cases they will not keep. Food to be dried, as well as to be canned, must be kept sterile, and for this it must be kept from the Indian meal moth—its greatest enemy. The fig moth and a small beetle get at dried food when they can. If the insects have already attacked it, the food must be heated to 140 deg. F., and maintained at that point until every particle is penetrated. This will sterilize it.

***Mold the Ubiquitous Foe***

If the food is not dry enough, mold will soon finish it. To tell whether it is dried enough, see whether it is possible to press water out of the freshly cut ends. If it is possible the dehydration is incomplete. It should not show any grain of the fruit on being broken. It should be leathery and pliable, but it must not be so dry that it will snap or crackle.

# Dehydrating

**By Sally Keene, Provincetown, Mass.**

At the beginning of the war Germany is reported to have had two dehydrators, now she has over two thousand.

In America, where food has been so abundant, the problem of preserving food by evaporation has been given very little thought. We are slow, too, to change our very set ideas about what we do, and think we don't, like to eat, and as there has never before been the possibility of a shortage of food, we have naturally eaten the things that habit and ease in procuring have suggested. Those of us who have been trying desperately to help our poorer people solve the problem of income and sufficient food values, realize that nothing short of hunger, and in some cases near-starvation, finally succeed in breaking down prejudices against certain worthy food of comparatively low price and high caloric value.

Desperate need has at last put us as a nation into a receptive mood in regard to untried foods. One of these is undoubtedly to be dehydrated (evaporated, dried) fruits and vegetables.

It is never possible, when fruits and vegetables are raised in large quantities, to get all of the perishable varieties to the consumer. Millions of dollars' worth are wasted every year because they cannot be shipped quickly enough to distributing centers. That wastage can be entirely stopped by establishing dehydrating plants in agricultural districts. All kinds of fruits and vegetables can be dried at less than half the price of canning, and can be shipped at an almost unbelievable reduction in freight costs, with no danger of being spoiled either by excessive heat or cold.

A few examples showing the shrinkage in weight will explain the saving in freight.

| *Original Weight.* | *After Drying.* |
|---|---|
| 100 lbs. corn on the ear | 11 lbs. |
| 100 " tomatoes | 6 " |
| 100 " onions | 13 " |
| 100 " potatoes | 20 " |
| 100 " squash | 11 " |
| 100 " berries | 25 to 35 " |
| 1 bushel tree fruits | 8 to 10 " |

For dehydrating in large quantities, when the supply is not continuous, there is a portable plant constructed which goes on a motor truck from place to place as needed.

So much for the elimination of waste by the large producer.

Of even greater importance is the home dehydrator, a small apparatus which fits any kitchen stove and requires no watching. It has a central chamber which is kept half full of water, making it absolutely impossible for the food to be burned during the drying process. It dries any kind of fruits or vegetables, the capacity per day varying according to the time needed for the various products.

Fruits and vegetables dried in this way have many advantages over the canned article. The cost is less than half, the labor infinitely less, cost of transportation greatly reduced, and the space required for storing about 30 per cent., an advantage not to be overlooked.

After talking to many enthusiastic owners of the home dehydrator one is filled with an overwhelming desire to get before every grower of fruits and vegetables the fact that here is an opportunity for economic and patriotic service that he can not afford to miss.

From a purely business point of view, no grower who has a surplus should be without one. The original cost is small, the upkeep practically nothing.

Dehydrated food retains all of its original food value and more of its original flavor than any canned article. The cost of paraffined containers is far below that of glass or tin.

Here, Mr. or Mrs. Grower, is your opportunity!

Grasp it!

# Advice, the New Vice, and Its Relation to the Food Problem

By Amelia Macdonald Cutler

It is difficult to measure the response of farm women to the efforts to conserve the nation's food supply. There has been a general and hearty approval of the garden and canning program urged by so many organizations. I do not know of an intelligent farm woman who has not done all she could to further this work. It is safe to say that all farm women are doing all that they are able to do. Also many women have realized that the canning of garden vegetables is to be of great hygienic value to their families. They are grateful for the knowledge of new and assured methods. The results in an improved dietary will more than repay us for the summer's extra labor. Heretofore the general method of keeping vegetables has been to store them in the cellar of the house or a root cellar. During the spring months, the supply invariably deteriorated or was exhausted. It is during these spring months, when fresh vegetables are beyond price in rural communities, that the farm woman looks forward to new shelves of canned beans, beets and spinach. It was not then wholly an emergency measure to urge the conservation of fresh vegetables. It was also a hygienic measure and one that has been needed for years.

I believe that farm women have been quick to respond to the request that more corn meal and less wheat flour be used in making home-made breads. Pie crust involves a great waste of the food materials needed by the Allies. Both the wheat flour and the lard are needed in Europe and can be transported more easily than pie fillers. I know that farm women are much more willing to forego pie than the men of the country. If the lunch counters of our great cities and the hotels would set an example by crossing off pie crusts from their menus, it might be easier to persuade the countryman that he too could exist without pie.

So far, so good! But whoever started the campaign for patriotic renunciation of veal, broilers and lamb, knew nothing of the practical problems of raising the same. So ridiculous has this propaganda appeared to the experienced farmers' wives that the good suggestions emanating from the same source have been hurt by contamination. In the first place, it has long been found economical to bring to maturity only the "females of the species." The males, according to farm parlance, "eat their heads off," long before they are full grown. Only the more perfect types are kept for reproduction. The rest have been fattened for market when it was most profitable to do so. To urge that these "favored sons" be kept longer, to consume more of the world's grain supply than they would return in meat food, is bad business. Apparently the earnest advocates of these ideas thought that cockerels could be battened on air and grasshoppers. Instead, they eat all of the grain away from pullets by the time they are six weeks old. In order to preserve the pullets the cocks have to be placed in oblong and expensive pens. Here they are forced to grow as rapidly as possible and marketed before they eat more than they return in food value.

The result of ill-informed propaganda has been to discourage the farmers from keeping the customary number of cocks, veals and lamb. So expensive have farm labor and grain become that the farmers cannot afford to raise meat for an uncertain and whimsical market. Unfortunately fads tend to decrease the food supply instead of increasing it. Much of the discussion of the long-pending food bill has actually discouraged the production of food.

The advice of a few well-informed farmers would not have been amiss in the nation's councils. A censorship of non-workable ideas is particularly necessary in times like these. Scepticism and distrust dull the fine edge of our patriotism. No citizens are more genuinely patriotic than the American farmers. They have been asked to work harder as individuals and to consume more advice than ever before. But, as a group, their endeavors and their advice have not been solicited. As a group, both men and women should be voting solidly against the entrenched political interests of the middlemen. As individuals, they should be giving advice on the conservation of the nation's food supply.

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## Our Fashion Feature

Age cannot wither nor custom stale the Russian blouse costume.

Under the leadership of Mrs. Walter McNab Miller, whose husband is a professor in the University of Missouri, the idea of saving time and worry in the making and wearing of clothes, without sacrificing beauty of line or color, was set on foot. Mrs. Miller believes in woman's inalienable right to look her best. She is the chairman of Suffrage Thrift for the National American Woman Suffrage Association, and the slogan she has been advocating everywhere is "Conspicuous Thrift."

But the real call to national service for women includes also economy in clothes and their adaptation to women's work. Men employing women in factories are already saying that overalls for women have not only increased the efficiency of the women, but have also increased the number of occupations which they can carry on. "We have girls working now where women were never dreamed of a few years ago," says one firm.

THE RIGHT SORT OF WORK DRESS

"A vital part of woman's call to national service," says Mrs. Miller, "is the matter of setting standards of economy and simplicity. This includes suitability and economy in dress and in housing, as well as in food."

The Russian blouse dress in the picture is made of any material, khaki or gingham, for housework—and there is nothing like it for the housewife, nothing to get awry, nothing to pull out at the waistline—to Georgette or crepe de Chine. It is worn with knickers or skirt, and sometimes with knickers and slip-on skirt for hiking or camping out.

*Satisfies the Appetite* *Pleases the Palate*

EDUCATOR

Tasty Toasty

Toasterettes

You eat them because you like them—And the more you eat the *better* you like them.
*Your Grocer Sells Them.*

Johnson Educator Food Co.
Educator Building, Boston

SAVE ON TAILOR BILL.

Press your trousers in neighborhood lots. Hire a steam roller. Co-operation will save thousands for the refugees without trousers.

SAVE ON SMOKES.

You smoked corn silk out behind the barn when you were a kid. Do it now. Send your smokes to the trenches.

SAVE ON SWEAR-BOMBS.

When friend wife serves you with a war breakfast chew your bit and save on swears.

## Mr. Root, It's You We Quote

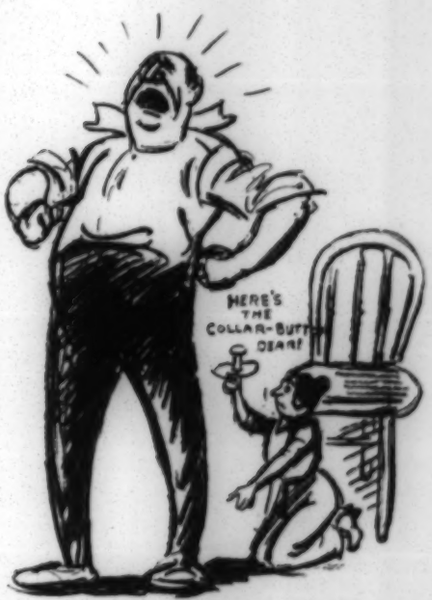
"I saw the Command of Death march away from Petrograd. It was one of the most inspiring sights that I have ever seen, to see those women, some of them slender young girls with their cropped hair and ugly uniforms, go away to do the work of men. They marched as befitted their name, for they knew no fear.

"I should not be surprised if the American women could do the same thing as time goes on. American women are just as capable and noble as the Russian, when the call comes. And I would not be surprised if it should, and we would have the same thing as in Russia—women giving their blood on the battle field."—*Elihu Root, New York Herald*, August 8, 1917.

But, Mr. Root,—it's you we quote,—
Those who fight should have a vote.

## Some Testy Recipes from Housewives to Househusbands

The *Woman Citizen* enjoys a good deal of criticism from time to time, thank you, but there is one point on which it remains shrinkingly sensitive. It feels that one can justly say of its pages that they show a certain leaning toward women readers to the exclusion of possible men readers. It is with an intention to even up things and insure that while economy advice is going the rounds men get theirs that the few well-considered lines on this page are penned and these thrillingly helpful illustrations are submitted. We know, from our extended reading, that the heart of man is all right. We know that many of his little extravagances and much of his little inconsiderateness arise from a profound determination to have what he wants when he wants it, rather than from any real ambition to ruin the country and prolong the war. And we are as certain as one need be for legitimate literary purposes that the moment the lessons on this page are assimilated there will be a pronounced improvement in the price of food, clothes, and rent, not to speak of the retail delivery system, abuse of the return privilege, puts and calls, and the mortality rate among infants.




SAVE ON THE LITTLE THINGS.

Don't buy a fifty-cent collar button. Get a five-cent one, even if it does stick into your windpipe. When you lose it, find it yourself without audible comment.

## A Suffragist's Idea of the Flag

"This is the American flag. It is a bit of bunting, and why is it that, when it is surrounded by the flags of all other nations, your eyes and mine turn first toward it and there is a warmth at our hearts such as we do not feel when we gaze on any other flag. It is not because of the beauty of its colors, for the flags of France and England, which hang on either side of it, have the same colors. It is not because of its artistic beauty, for other flags are as artistic. It is because you and I see in that piece of bunting what we see in no other. It is not visible to the human eye but it is to the aspiring soul. We see in every stripe of red the blood which has been shed through the centuries by men and women who have sacrificed their lives for the idea of democracy; we see in every stripe of white the purity of the democratic ideal toward which all the world is tending; and in every star in its field of blue we see the hope of mankind that some day the democracy which that bit of bunting symbolizes shall permeate the lives of men and nations; and we love it because it enfolds our ideals of human freedom and justice."—*Anna Howard Shaw.*

SAVE ON COLLARS.

Turn your shirt collars into bandages. Wear low-necked shirts. Save thousands of yards of cotton for naked Europe.

SAVE ON HAIR-CUTS.

Cut your own hair. Save it for a hair mattress. Use different sizes of basins. Any man can cut a pasteboard hair-catcher. Be sure to slash the body in points for free head action. Save a fortune in hair-cuts. Make a mattress for Democracy!

### Anti-Suffragist's Idea of the Truth

"Dr. Shaw struck a blow at patriotism when she said, 'What is the American flag but a piece of bunting.'"—*Circulated through Press Bureau of Association Opposed to Woman Suffrage.*

### By Way of Good Measure

And, speaking of war economy practices, "Don't fuhgit, brerren," as the colored preacher said, "what a man sews dat shall he also rip."

* * *

Woman's place will not always be in the garbage pail.

# Grits

Grits is a most popular Southern dish, served for breakfast, luncheon, or supper, very much as you would rice. It is corn, ground finer than hominy, and coarser than corn meal. It may be bought in bulk, or in sealed package.

### Grits Bread

2 cups cold grits; 2 cups milk; 2 eggs; ½ teaspoon salt; 2 tablespoons butter; 3 teaspoons yeast powder. Mash grits with portion of milk until it is a smooth pulp, add well beaten eggs, and melted butter; add remainder of milk, salt and lastly yeast powders, pour in greased baking pan and bake a pretty brown. It requires nearly half an hour in quick oven.—*Mrs. S. B. Vance, New Orleans.*

### Hominy or Grits Bread

Mix together 1 egg, 1 cup cold hominy, 1 tablespoon butter and a little salt, to which add 1 pint fine raw hominy, washed and drained, and 2 tablespoons milk. Bake for half hour in shallow pie plate.—*Mrs. A. C. Hammond, Columbia, S. C.*

### "Hoover" Croquettes

Three cups hominy, ½c. tomato, ¼t. curry powder, 1t. minced parsley. Mix all together thoroughly, form corn croquettes, rolling in corn flakes which have been crushed fine. Place on well greased baking pans, not allowing them to touch, heat in oven. Serve with

### Savory Sauce

Three-fourths cup milk, 3t. grated cheese, ½t. pimento pepper, 1t. Mazola, ¼t. salt, 2t. flour. Mix oil and flour, add milk, stirring till thick. Add cheese and minced pimento, cook several minutes and serve.—*Iowa Equal Suffrage Assn.*

### Fried Corn Mush

Into a pint measure pour at least a cup of milk, more if you choose. Fill up the measure with fresh boiling water. Turn the mixture into a four-quart granite kettle. Fill the measure twice again with the boiling water and put into the kettle. Add one tablespoon of salt. Stir. Dry out the pint measure and fill with yellow corn meal, shaken down and running over. Pour the meal at once into the liquid in the kettle, stir again, and set it over the fire to cook. Stir constantly until it boils, using a long-handled spoon. Let it boil for ten minutes by the clock, stirring all the time. Turn the golden mush into a bread-pan with high sides, and set away to cool. Next morning turn it out on a board, and cut into slices half an inch thick. Cut each slice in two parts. Fry in plenty of fat, either crisco or lard. Do not dip into flour or bread crumbs or anything else; brown well but do not allow it to scorch in the least. Drain on brown paper, and if you have a sweet tooth eat with syrup; but it is better without, served with stewed kidneys or creamed minced dried beef.

The several stages of this simple bit of cookery must be carried through without pauses, if you desire that perfectly even texture which fried corn mush must have to be delicious.—*Mrs. Martha Wentworth Suffren, Brooklyn.*


## MEN AND WOMEN OF AMERICA!!

**WE ARE RESPONSIBLE *for the* INDUSTRIAL CONDITIONS *of the***

***GOVERNMENT CONTRACTS FOR WAR WORK***

**PETITION THE SECRETARY OF WAR AND THE COUNCIL OF NATIONAL DEFENSE TO DEMAND THE FOLLOWING**

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1. Adult labor.
2. Wages—
   a. The highest prevailing rate of wages in the industry which the contract affects.
   b. Equal pay for equal work.
   c. Those trades where there is no wage standard whatsoever shall be placed in the hands of an adjustment committee.
   d. That all wages be adjusted from time to time to meet the increased cost of living—by this committee — and that other wage questions be submitted to it.
3. The eight-hour day.
4. One day rest in seven.
5. Prohibition of night work for women.
6. Standards of sanitation and fire protection.
7. Protection against over-fatigue and industrial diseases.
8. Prohibition of tenement house labor.
9. Exemption from the call into industry of women having small children needing their care.
10. Exemption from the call into industry of women two months before and after child birth.

Adopted by the Delegates to the Sixth Biennial Convention of the National Women's Trade Union League, Held in Kansas City, June 4 to 9, 1917.

*Write for pamphlet presenting full report of the Committee on Women's Work in Wartime*

PUBLISHED BY

THE NATIONAL WOMEN'S TRADE UNION LEAGUE OF AMERICA

139 North Clark Street, Chicago, Illinois


### Marion Harland's Pineapple Bavarian Cream

Dissolve 1 package of Lemon Jell-O in 1 pint of boiling water. When a cold liquid, set the dish in a pan of cracked ice, and whip to the consistency of whipped cream. Then add 1 cup of grated (canned) pineapple from which you have drained the juice. Turn into mould and set in a cold place to become firm. Turn from the mould and garnish with sliced pineapple and either cherries or grapes. Stewed prunes (chopped), peaches (cut small and with sugar added for fresh peaches), and other fruit can be used in place of pineapple.

### Fruit Puddings

Perhaps you think "A. S. B." is authoritative on suffrage only. Try this recipe from her. To use up stale bread: Fill a pudding dish with buttered slices. Pour over them hot stewed or hot canned fruit, diluted with enough hot water to soak the bread all through. Stir it around a little, to make sure that all is soft. Sweeten to taste. Lay on top slices of bread with the butter side up, and bake just long enough to brown the top slices.

This can be made with almost any kind of fruit—apples, peaches, blueberries, blackberries, etc. It is especially good made with rhubarb.

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### Steamed Brown Bread

1 cup each of corn meal, rye flour and graham flour, ¾ cup of New Orleans molasses, 2 cups of sour milk, 1 dessertspoonful (2 teaspoonfuls) of soda, 1 teaspoon salt. Beat soda into the sour milk. Raisins may be added if desired. Beat well and steam 3½ hours in well greased cans. Tomato and corn cans may be used.

## The Woman Citizen Goes Shopping

There is a lot of glib talk about "dehydrating"—which, we hasten to add for the enlightenment of a certain New York state senator, is merely highbrow for drying. There are as many brands of dehydrating machines as there are pickles. In price they range from one that comes within the household budget at $6 to those doing business on a big scale that cost hundreds of dollars. But the principle is the same: evaporation. Squeeze out the water and keep the calories. When the fruits or vegetables are to be used, soak them over night and they expand to capacity and take on the freshness of yore.

* * *

Another type of machine looks rather like a bread-box which has been equipped with half a dozen trays. It has a thermometer which is a guide to the novice and the domestic science expert who insists upon "knowing" and refuses to countenance guesswork. This has, in the household size, a drying surface of 10 square feet in the 6 trays. This size sells for $8.50, larger sizes for $13, $15, $22.50 and $36. The last named being suitable for farm or community work.

* * *

By the use of trays which come for the purpose, and inexpensive oven thermometers, the gas oven may be transformed into a dehydrator, but care and judgment must be employed, as this operation is not "fool proof."

* * *

For the canning brigade there are a number of labor-saving devices, and agencies that insure against burnt fingers and ignited tempers. One of these is a canner that reverses the old order of things. Instead of cooking from the bottom up and reducing ripe fruit to pulp, it steams from the top down. A metal cylinder placed over the jar forces the steam into it, sterilizing and expelling the air, without cooking the contents to pieces. Fully ripe fruit by this process preserves its shape and color. In a four-cylinder canner it takes twelve minutes to can four jars of ripe tomatoes and five minutes for peaches or berries. Any make of jars that can be hermetically sealed may be used. Price of one-cylinder fine tin, with cold roller top, tinned on inside, $4. Same type, two-cylinder, $7, and three-cylinder, $8.50. For type B, heavy tin plate with cold rolled copper bottoms and tops and thoroughly tinned on inside, price $5, $6.50 and $10. For "A" model made of cold rolled copper throughout, tinned on inside and indestructible, $8.50, $13.50 and $22.50.

* * *

A preserver built on the lines of a wash boiler with perforated basket in which jars are placed, sells for $4. A stout wire jar rack which holds 6 jars costs $1 and can be used in an ordinary wash boiler; holding 8 jars. $2.50. There are all the jars to be had that a self-respecting family would have occasion to need in the ordinary course of events, but in these times new wars are liable to start at a moment's notice. One type of glass jar with a clamp-on glass lid is proving popular, especially with people who live in glass houses. These sell at 95 cents a dozen for pints, $1.05 for quarts and $1.35 for two quart jars. Rubber rings, 15 cents a dozen.

* * *

For the preparation of fruits and vegetables there are a number of interesting devices that lighten the labor of the canning operation. To one who has spent tedious hours pitting cherries, the quick, efficient method of separating the stones from the meat by either of several patent stoners may be looked upon as a gift from the gods. One type may be had in two sizes, 85 cents and $1.25. Another style is priced 95 cents.

* * *

In slicing vegetables for drying care must be used to secure the proper thickness without sacrificing the right degree of thinness. A vegetable slicer at $2, slices in three grades.

* * *

To pare, core, and slice an apple by the same operation by merely turning a handle is achieved by means of a little machine which is screwed to the kitchen table. Household size, $1. Community size, $5. Similar to it is a potato parer and slicer sold at the same price.


**Sweaters *for* Women**
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**New Sweater models in the latest and most attractive colors are offered at the same moderate prices which characterize the other departments of this store.**

***Shetland Sweaters*, with sailor collar and sash, $7.50.**

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***Silk Sweaters*, plain and fancy weaves, in colors, also Black and White, $30.00, 35.00 and 37.50.**

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A clever, inexpensive device for hulling strawberries, pitting cherries, preparing pineapple or seeding grape fruit is a kitchen tool designed on lines akin to a two-tined fork. Price 25 cents.

For stirring jellies and jams there is nothing better than a wooden spoon which may be picked up where it was left in the kettle without leaving a burn behind. They may be had in varying sizes from 10 to 25 cents.

A porcelain funnel makes a good filler for fruit jars. Price 40 cents. There is also a porcelain filler for 10 cents.

Adjustable jar holders to lift hot jars of fruit save wear and tear on the disposition. One variety is leather-lined, bound by tin, and has wooden handles. Price 35 cents. A wire device of the same character sells for 10 cents.

A jelly bag that fits on the edge of a vessel is a valuable asset when hot fruit juices are to be strained. Small size 35 cents, large, 50 cents.

* * *

A galvanized steam pressure canner holding 10 quarts or 15 pints sells for $25. It can stand more pressure than any canner on the market.

A deep can equipped with a tinned rack for holding preserving jars stands 14 inches high and measures 12½ in diameter and holds six jars. Price $6.

Paper containers for dehydrated products come in three sizes, ½ pint, 30 cents a dozen, pint, 35 cents, and a quart at 40 cents. Waxed fiber jelly glasses are priced at 30 cents a dozen.

Copper measures are decorative and last forever. One-half pint sells for 45 cents, pint for 60 cents and quart for $1.10.

B. G.

(Names of shops from which the articles mentioned in these columns can be obtained will be supplied on application. Address Woman Citizen Shopper, 171 Madison Avenue, New York.)

# Corn Meal Muffins

### Corn Meal Muffins

"I note that you caution us not to send untested recipes, therefore, though the one enclosed has been thoroughly tested, I would like to add that the meal we purchase in the South and that usually sold in the North seem to vary both in texture and color, and in the South it is generally understood that the water-ground meal should always be used if obtainable.

"Sift together 1 pint of corn meal and ½ teaspoon of salt, add 1 tablespoon of lard (or any shortening preferred). Scald this by pouring over it ¾ cup of boiling water and then add ½ cup of sweet milk and the yolks of 2 eggs. Beat out any lumps caused by the scalding and then fold in the whites of the eggs beaten stiff and 1 teaspoon of baking powder. Bake in well greased muffin tins in a very hot oven. This quantity will make one dozen muffins."—*Kathryn P. Couper, Norfolk, Va.*

### Corn Meal Muffins

1½ cups meal; 2 cups of milk; 2 eggs; 2 teaspoons yeast powder; 1½ tablespoons butter, or other shortening; ½ teaspoon salt.

Meal can be moistened with a little milk and set in double boiler to steam for a few minutes—it makes grain swell and makes muffins tender and light. The remainder of milk can be added with butter, or shortening and salt, and well beaten eggs, then add yeast powders and pour in well greased and hot muffin rings, and bake in hot oven until brown. Batter should not be thick.—*Mrs. S. B. Vance, New Orleans, La.*

### Extra Good Corn Muffins

½ pint of flour, 1 cup of corn meal, 4 teaspoons of baking powder, ½ teaspoon of salt. Cream ¼ cup of butter, add ½ cup of sugar, then add 3 eggs well beaten and 1 cup of milk. Combine the two mixtures, and bake in greased hot gem pans in quick oven. Of course one must know that the flour, meal, baking powder and salt make one mixture, and the butter, sugar, eggs and milk the other; the eggs and milk being added to the creamed butter and sugar.—*Mrs. Grace M. Lansing, Watertown, N. Y.*

### Muffins

Mix 2 well beaten eggs, 7 tablespoons Pamunkey Mills meal, 3 tablespoons flour, 1 teaspoon baking powder, and salt to taste. Heat one quart of milk to a boil, pour the boiling milk over the meal, etc., and put in muffin rings. Bake quickly.

Muffins should never be cut, but broken when hot.—*Marion Harland, New York.*

### Corn Muffins with Dates

Mix and sift 1 cup of corn meal, 1 cup of white flour, ½ teaspoon of salt, 4 teaspoons of baking powder and 1 tablespoon of brown sugar. Add 1 well beaten egg, 1 cup of milk and 2 tablespoons of melted butter. Mix and add ½ cup of chopped dates. Bake in a hot oven.

### Breakfast Corn Gems

1 mixing-spoon corn meal, 1 mixing-spoon sugar, 1 teaspoon salt (smlal), ⅔ cup white flour, ⅔ cup milk, 2 teaspoons baking powder, 1 teaspoon melted shortening.—*Mrs. C. D. Spencer, Shelburne Falls, Mass.*

### Corn Meal Muffins or Gems

1 cup of flour, 2 cups of meal, a little salt, ½ cup sugar, 1½ teaspoonfuls baking powder, milk to make butter soft enough to pour into pans, but not too soft; table spoonful melted butter, 1 egg or 2.—*Mrs. Harriet J. Roworth, Providence, R. I.*

### Corn Meal Muffins

1 pint sifted corn meal, 1 teaspoon soda, 2 tablespoons of lard after it is melted, 2 eggs well beaten, salt and as much sour milk as will make it like cake batter. Bake in muffin tins.—*Mrs. F. T. Foote, Kapleen, La.*

### Corn Meal Muffins

1 cup corn meal; 1 cup wheat flour; 1 cup sour milk or buttermilk; 1 egg, well beaten; 1 tablespoon sugar; ½ teaspoon salt; ½ teaspoon soda; 2 tablespoons melted butter.—*Elenita T. Kirkpatrick.*

### Mush for Breakfast

Cup of white corn meal scalded, all lumps beaten out, placed in a double boiler and boiled one hour or longer, is excellent for breakfast eaten as Cream of Wheat. A pinch of salt is necessary. A fireless cooker is better than double boiler.—*Mrs. B. B. Bradley, Columbia, Miss.*

### An Original Mush

Mrs. Belle B. Park, of Oneida, N. Y., in response to the call for economical and wheat-flour-saving recipes for the Food Number, sends an original one which she makes for her family more than any other:

3 cups cool water, 1 cup corn meal, cups bran. Put meal into water, let come to boiling point slowly and boil until creamy, add bran and boil two or three moments. Salt to taste. Serve hot with top milk.

I use oat meal and corn meal in place of white flour in making bran bread.—*Mrs. Belle B. Park, Oneida, N. Y.*

### Indian Corn Meal

Corn meal mush or hasty pudding. Its praises have been sung by Joel Barlow in a poem. It can by no means be cooked hastily. The old-fashioned way was to have a kettle of boiling water with some salt in it. Then sprinkle the meal in gradually with one hand while stirring with the other, till the desired consistency is obtained, then cook a while where it will not burn on the kettle.

A better way is to have the quart of boiling water in a double boiler—with some salt in it. A cupful of meal, stirred into some cold water in a bowl till smooth, will prevent all lumps forming. Then stir this into the double boiler and stir thoroughly till the whole mass has thickened and swollen, when it can be left to cook—stirring quite frequently. Renew the water in the outside kettle, cook two hours—two hours and a half is better. If any is left over cool and slice and fry.—*Mrs. Harriet J. Roworth, Providence, R. I.*

### Corn Meal Mush

Mix a pint of cold milk with a pint of corn meal and a teaspoon of salt. Pour this mixture into a quart of boiling water and continue to boil half an hour.—*Elenita T. Kirkpatrick.*

### Mush Waffles

1 teacup corn meal mush, ½ pint flour, 2 eggs well beaten, 1 tablespoon melted lard, add water or milk to make a thin batter, 1 teaspoon baking powder, salt.—*Mrs. F. T. Foote, Kapleen, La.*

## Corn Dodgers
### or Corn Pone
***Marion Harland***

1 tablespoon of lard melted, 1 pint of Pamunkey Mills corn meal, 1 teaspoon of salt, cold water to make a soft dough. Mould with the hands into thin, oblong cakes, lay in a well greased pan and bake very quickly.

The common way is to mould into oval mounds, higher in the middle than at the ends, shaping these rapidly and lightly with the hands by tossing the dough over and over. This is done with great dexterity by the Virginia cooks, as this corn pone forms a part of every dinner. It is broken, not cut, and eaten warm.

***Texas Equal Suffrage Association***

Place 1 pint of corn meal in a bowl. Add 1 large teaspoon of salt and ¼ teaspoon of soda (may be omitted). Scald with boiling water (stirring all the while), adding sufficient to make a very stiff, thick batter. Drop from large kitchen spoon into cakes in a skillet (or spider) in which 2 heaping tablespoons of lard has become boiling hot. Fill the skillet with these, brown on one side, then turn and brown other side. Serve *hot* on platter. Eaten with or without butter; syrup, if preferred; or both. This is a most inexpensive dish but most palatable. Originated in the cabins of our old Southern "mammies," but always a welcome dish on the tables of the most affluent.

***Mrs. G. M. Henderson, Indianapolis***

1 cup corn meal, 1 tablespoon lard or fryings, 1 teaspoon baking powder. Enough *boiling* water to make a batter which will drop freely from a tablespoon on well greased griddle. One tablespoonful makes the dodgers a nice size. Turn like pancakes.

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So many "summery" things are easily made of Jell-O that it is impossible for any one woman to know about all of them. But every woman can possess the recipes for the newest and best of the special Jell-O dishes.

Take the Bavarian Cream, for example. Every cook is supposed to know how to make Bavarian Creams, and certainly nothing is more delicious than one that is properly made. Marion Harland was one of the first of the great cooks to discover that Jell-O—whipped exactly as cream is whipped—formed the ideal base for all forms of Bavarian creams. Almost any kind of fruit can be stirred into the whipped Jell-O, just as pineapple is in Marion Harland's recipe in this issue of the "Woman Citizen."

With comparatively little effort and little expense any woman can make Bavarian creams of Jell-O that she could never hope to equal in any other way. Pineapple (canned), oranges, cherries, bananas, berries or other fruit can be used.

There are seven pure fruit flavors of Jell-O: Strawberry, Raspberry, Lemon, Orange, Cherry, Peach, Chocolate. Each **10** cents at any grocer's.

Little folders in Jell-O packages contain all the instructions anyone needs in making the "made-in-a-minute" Jell-O dainties.

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